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Public Service Announcement

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Long Term Effects of COVID-19

KLICKITAT COUNTY RESIDENTS- Sadly, Klickitat County saw an increase in confirmed positive cases over the weekend. Public Health has confirmed cases 20, 21, and 22. See more information on COVID-19 in Klickitat County here <http://klickitatcounty.org/1187/COVID-19>. We are just beginning to learn the long term and lasting effects of this highly transmissible disease.

Today, there is widespread recognition that the novel coronavirus is far more unpredictable than a simple respiratory virus. Covid-19 is now suspected to have the potential to attack from the brain to the toes, and from infant to elderly. Doctors and scientists are learning the virus has the ability to affect many parts of the body including the brain, heart, kidneys, and blood vessels. There is concern that some of the damage recently observed may cause long term harm. Successfully overcoming the infection is the first part of a long journey in regaining and maintaining the overall health of COVID-19 infected people. Read Article on New Coronavirus Discoveries: <https://www.seattletimes.com/nation-world/doctors-keep-discovering-new-ways-coronavirus-attacks-body/>.

The data and historical record all suggest that the virus will again increase in our population and ultimately take more lives. **Be a part of the solution.** Researchers at the University of Cambridge report their models show a significant impact on the spread of COVID-19 if 80% of the population wear masks while in public compared to a minimal impact if only 50% were to wear a mask in public.

Practicing proper hygiene methods and maintaining physical distance is still crucial to the solution. Wearing a mask while in public has proven to be beneficial and is a simple step that we can all do that will allow us to be a part of the solution and for all of us to stay safe and healthy.

We must all continue to take appropriate measures for the health and safety of ourselves, our loved ones, friends, and our community. In order to reduce the risks, we must each take responsibility for our own actions and take all precautions possible.

Protections include the following:

- Engage in physical distancing of at least six feet
- Wear face coverings in public places
- Wash hands frequently with soap and water
- Cover coughs and sneezes
- Avoid touching eyes, nose, and mouth with unwashed hands
- Disinfect surfaces and objects regularly
- Avoid crowded locations, be flexible, go back when the crowd disperses
- Stay home if sick

- Avoid others who are sick

The Department of Emergency Management and The Public Health Department wants to THANK YOU for continuing to do the right things.

Klickitat County COVID-19 Case Tracker: <http://klickitatcounty.org/1187/COVID-19>

Washington State COVID-19 Response Website: <https://coronavirus.wa.gov/>

Be a Part of the Solution!

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